

# How May Women Offer Prayers



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# How May Women Offer Prayers?

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English Translation  
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DAIRIE-INSANI

Collection of Manuscripts

PAKISTAN



How Men Woman Offer Prayers

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Qadriyyatun-Nadwa (Qadriyyatun-Nadwa)

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Compassionate,  
the Merciful.

CONVEYANCE *تَرْجُومَةُ*

We praise Allah and His Messenger  
and His Messenger.

I have gone through the booklet  
*Khawassat Ka Farqah Naam* by Mufti  
Abdur Rauf. By the Grace of Allah, the  
author has described the method of prayer by  
women in detail. We generally get books on  
the method in which men may pray but we  
do not find the method which women may  
employ in offering prescribed prayers. Thus,  
this piece of work is very useful. It is also  
very reliable. Now, women must consult it  
and correct their prayers accordingly so that  
they follow the directions of the Prophet



How Allah Wishes His Pleasure

In this regard and gain approval

May Allah grant approval to the  
efforts of the author and may this book be  
beneficial

Maham Sultana Mahmood

Author of  
The Book of  
The Book of  
The Book of



سُبْحَانَكَ يَا أَرْحَمَ الرَّاحِمِينَ

الحمد لله الذي هدانا لهذا

## LEARN FROM THE ATTAJIB

We praise Allah and His blessed Blessings to His Messenger, Muhammad, and his family and companions - all of them.

At-tahajjud, or the prescribed prayer, is a very significant form of worship. Every Muslim must offer it correctly according to Sunnah. However, we ignore the Sunnah as a result of which we miss the blessings of the prayer. The common people - particularly the women - are not even aware of the method of offering the prayer as taught by the Prophet ﷺ. If we pay a little attention and learn the correct method, we will offer our prayers according to *sunna* and it will take us no more time than it does.



prayerfully. Rather, it will be easier and faster  
as more time and love. Therefore, on the  
request of Master William Alford, I present  
here some selected Arabic concerning  
prescribed prayers and the meaning of  
worship of offering the prayers. May Allah  
make it beneficial for all of us and guide us  
to eternal happiness.

Abdul Karim Sakuma,

Translator's Note: The word PRAYER is  
used in the text to refer to an Salat or  
Namaz, the act of devotion, for prayer to  
Allah in the sense of to supplicate the word  
supplication is used.



OBEDIENCE AND LOVE

Allah, the Greatest, has said:

وَمَا يَكْفِيكَ إِلَّا بِرُّكَ بِمَا بَيْنَ يَدَيْهِ وَأَطَاعَةُ مَا بَيْنَ يَدَيْهِ

وَمَا يَكْفِيكَ إِلَّا بِرُّكَ بِمَا بَيْنَ يَدَيْهِ وَأَطَاعَةُ مَا بَيْنَ يَدَيْهِ

وَمَا يَكْفِيكَ إِلَّا بِرُّكَ بِمَا بَيْنَ يَدَيْهِ وَأَطَاعَةُ مَا بَيْنَ يَدَيْهِ  
fa-khi-ru-ni-ha wa-ma-na-ha-kam "an-lin  
fan-ra-hi-ni wa-ta-qa-tu-ah in-na-ha-ha  
shu-ah-ha-tu-ta-ah

And whatsoever the Messenger gives you,  
take it, and whatsoever he forbids,  
abstain (there from); and fear Allah,  
Surely Allah is severe in retribution.

—AL-BAKARA

He has said:

وَمَا يَكْفِيكَ إِلَّا بِرُّكَ بِمَا بَيْنَ يَدَيْهِ وَأَطَاعَةُ مَا بَيْنَ يَدَيْهِ



قَالَ يَا أَيُّهَا النَّاسُ اتَّبِعُوا مَا أَوْحَى إِلَيَّ مِنَ رَبِّي

qal in kun-tum ta-tib-b u-na-lā a-ha  
fat-ta-bi. u-mi yuh-bib-ku-mulā a-ha  
ra-yuq-fir fa-kunm za-ā ilā ha-kun  
mulā a-ha qā fā-rar-rā-him

Say (O Prophet): "If you love Allah then follow me, Allah will love you, and forgive your sins. And Allah is Forgiving MostGracious!"

The first verse tells us that it is necessary to obey the Messenger of Allah. The second verse makes it clear that one can find the love of Allah only in obedience to the Prophet. Thus our salvation and success lies in obeying the Messenger of Allah. We find in our Hadith

"All my followers will enter Paradise except those who deny." He was asked,



"Messenger of Allah, who will deny?" He said, "Whoever obeyed me will go to Paradise and he who disobeyed me has actually rebelled."

The Prophet ﷺ has also said:

"None of you can be a Muslim unless his personal wishes are subservient to the demands of this religion that I have brought."

The Holy Prophet ﷺ has given a very emphatic command for prayers to the Muslims. Those who observe it are given very glad tidings and those who neglect it are warned of a terrible torment.

Let us, therefore, read the verses of the Qur'an, and the Ah adith about prayers and obey them to attain success.



How Shall We Offer Prayer?

Could I know how are I forgiven.

Hazrat Abu Zarr — said that inside the Prophet — came out upon the open during winter. Leaves were being shed by the trees. He held the branch of a tree so that it did not leave. He said, "Abu Zarr! When a Muslim offers prayers sincerely for Allah, his sins fall down from him just as these leaves fall down the tree."

Hazrat Abu Zarr — said that the Holy Prophet — said, "Tell me if a river flows by the door of a person who bathes in it five times daily will he have any dirt on him any more?" The Companions — said that he will have nothing on him of dirt. The Prophet — said, "It is the same thing with the five prayers. Allah removes a man's sins if he observes them."

Abu Muslim says that he presented himself before Abu Umamah — while he







are forgiven. In the same way, at the time of Araf and Ashura and Yawm al-Qadr, at every prayer that happens, people deeper than them, some people turn to evil deeds under the power of darkness and come towards virtue."

According to Hazrat Ubaydullah – the Messenger of Allah – said, "When, at the approach of the hour of the obligatory prayer, a Muslim performs ablution well and prays with humility paying attention to the bowing and prostration postures, then the prayer serves as an atonement for his previous sins until he commits a major sin. The blessing of the prayer will remain with him for ever." (Musnad)

### Conclusion

These Ahadith make it clear that prayer is such an auspicious deed that covers



the only sins to be pardoned and the fifth through them to be atoned. However, this is subject to the condition that the person has not committed a major sin. The minor sin can only be forgiven through repentance. However, if He chooses Allah may forgive him of His own accord. On our part, we may observe prayers because they are a significant means to gaining forgiveness.

### Advantage to Paradise Before The Martyr

According to Hazrat Abu Hurayrah  
Two men of a tribe embraced Islam at the same time. One of them was martyred in Jihad while the other died a year later. I saw in my dream that the second person entered Paradise before the martyr. I was surprised because a martyr enjoys a very high rank and should have gone to Paradise ahead of the



other man. I said this to the Prophet myself or someone else and so that he explained to me, "Don't you see the plenteousness of the one who died last? How many good deeds were added in his record during this period. He also lasted a month more than the martyr and had over 20 thousand calls of prayers more".

### Significance of Adherence to Paradise

The Prophet reported the saying of Allah, "I have prescribed the five times prayers and I have bound myself to admit in Paradise anyone who is particular in offering them at their appointed time. As for those who do not observe them, I am not responsible for them in anyway."

### Provision of Paradise on Offering Prayers

Harun Ubayd bin Amir quotes



The Messenger of Allah ﷺ is saying "If anyone of you abandons their land before Allah and offers two rakahs in prayer with full attention and heed, their Paradise is surely written for him."

From Sahih al-Bukhari

These Ahmadiyyah teach us that observing prayers and adherence to worship is necessary to gain entry to Paradise. We must observe these:

### EMPHASIS ON PRAYERS

Prayers Should Not Be Neglected Even If One Is Cut To Pieces

Hasan Usmani ﷺ says that his beloved Prophet ﷺ gave him seven advices four of which are: (1) Do not associate anyone with Allah even if you are cut to pieces, or burnt down, or put to the gallows,



(c) He did neglect prayers intentionally. He who gives up prayers willingly comes to be a religionless man. Do not neglect Allah because it displeases Him. Do not drink wine because it is the root of all evil.

### Our Great Excellence of Freedom

According to a Companion when Khyber was conquered, men looked at their bodies. These contained grievous marks as if prisoners of war. They set down to exchange their possessions. One of the Companions remarked to the Prophet "Messenger of Allah! Today, I have gained through this trading more than anyone else in this company." "How much have you earned?" asked the Prophet. He replied "I went on buying and selling and I earned three hundred sa' of it." The Prophet said "Will I show you something more beneficial?"







How They Would Apply Today

## TEN ADVICES

Harriet Aitken said that the Holy Prophet  $\text{ﷺ}$  gave her ten advice:

(i) Do not swallow alcohol with Allah even if you are killed or burnt.

(ii) Do not disobey parents even if they ask you to divorce your wife or spend all your wealth.

(iii) Do not increase obligatory prayer willfully. If anyone does neglect an obligatory prayer willfully Allah does not remain responsible for him.

(iv) Do not drink wine. It is the root of evil and vulgarities.

(v) Do not disobey Allah because it grieves His wrath.



THE LAST WORDS OF THE PROPHET

(vi) Do not desert while fighting even if all companions are killed.

(vii) If someone speaks against me, do not flee that place lest it is a plague.

(viii) Spread on the people of your group.

(ix) Do not spare the rich over them as a matter of mourning.

(x) Keep the fear of Allah alive in them.

**The Final Advice of The Prophet**

According to Harith bin Salimah when in the final moments of his life the Prophet — could not speak, the words distinctly even then he stressed on prescribed prayers and the rights of slaves. Harith bin Salimah also reported the same thing that the last words of the Prophet — had emphasis on prayer and urged him to fear Allah.



How May We Improve Prayers?

considering slaves.

Conclusion:

In the light of stress on prayers laid in the Ahādith, we must be particular in observing them at the correct appointed time.

Warning And Punishment To Neglect Prayers Like Disbelief

The Holy Prophet ﷺ said that neglect of prayers classifies one among the unbelievers. He has also said that it is only neglect of prayer that brackets together a person and disbeliever. He has also said that the difference between faith and disbelief is neglect of prayer.



## Who Will Be Saved

One Who Does Not Pray Will Be Punished  
With The Unbelievers

According to Harat Bin Thumal the Prophet ﷺ once touched the subject of prayers and said, "Whoever is regular in offering prayers, his prayers will be accepted by him on the Day of Resurrection and an advocate at the time of reckoning and a means of deliverance. As for him who is not particular with prayers, he will not have the light on the Day of Resurrection and he will neither have anyone to speak for him nor rescue him; he will be grouped with Pharaoh, Haman, and Ubayy bin Khalaf."

Neglect of Obligatory Prayers Cattle Not  
Horned To Be Squashed

Harat Samurah bin Jundah has narrated that it was the practice of the



Prophet ﷺ to ask his Companions whether the **first prayer** is **lighter** or **dearer** than a **diether**. If anyone had seen it, he would narrate it and the Prophet ﷺ would interpret it. One day after putting the question to **ask** the Prophet ﷺ narrated the dream he had seen himself. "Two persons came to me and took me along with them." It was a long dream in which he saw Paradise and Hell where people were punished in different ways. One man was having his head crushed with a stone. The stone was hit on the head with such a force that it would rebound and fall at a distance. This man was then raised up and his head would begin its original state. He was then treated in the same way again. The Prophet ﷺ asked his two escorts about this. They explained that the man had read the Qur'an but given it up and he would go to sleep



weil nicht einflussreich ist

1. Explain the importance of the following factors in the development of a country's economy:  
 a. Human Resources  
 b. Capital Resources  
 c. Technology  
 d. Government Policy  
 e. Infrastructure  
 f. Trade and Investment  
 g. Education and Health  
 h. Environmental Sustainability  
 i. Political Stability  
 j. Legal System  
 k. Financial System  
 l. Social Structure  
 m. Geographical Location  
 n. Climate and Natural Resources  
 o. Demography  
 p. Globalization  
 q. Corruption  
 r. Entrepreneurship  
 s. Research and Development  
 t. Foreign Aid  
 u. Religion and Culture  
 v. Language  
 w. History  
 x. Geography  
 y. Politics  
 z. Law  
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 ab. Social  
 ac. Environment  
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 ae. Globalization  
 af. Corruption  
 ag. Entrepreneurship  
 ah. Research and Development  
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 aj. Religion and Culture  
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 am. Geography  
 an. Politics  
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 bj. Corruption  
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 id. Social  
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 if. Demography  
 ig. Globalization  
 ih. Corruption  
 ii. Entrepreneurship  
 ij. Research and Development  
 ik. Foreign Aid  
 il. Religion and Culture  
 im. Language  
 in. History  
 io. Geography  
 ip. Politics  
 iq. Law  
 ir. Finance  
 is. Social  
 it. Environment  
 iu. Demography  
 iv. Globalization  
 iw. Corruption  
 ix. Entrepreneurship  
 iy. Research and Development  
 iz. Foreign Aid  
 ja. Religion and Culture  
 jb. Language  
 jc. History  
 jd. Geography  
 je. Politics  
 jf. Law  
 jg. Finance  
 jh. Social  
 ji. Environment  
 jj. Demography  
 jk. Globalization  
 jl. Corruption  
 jm. Entrepreneurship  
 jn. Research and Development  
 jo. Foreign Aid  
 jp. Religion and Culture  
 jq. Language  
 jr. History  
 js. Geography  
 jt. Politics  
 ju. Law  
 kv. Finance  
 kw. Social  
 kx. Environment  
 ky. Demography  
 kz. Globalization  
 la. Corruption  
 lb. Entrepreneurship  
 lc. Research and Development  
 ld. Foreign Aid  
 le. Religion and Culture  
 lf. Language  
 lg. History

The Holy Prophet ﷺ has said that if anyone repents a prayer that was one of his obligations it, he will, have it held for the period of a *Hajjah* for not offering the prayer on time, an *Hajjah* will be equal to eighty years in the Hereafter each year of three hundred and sixty days. According to our reckoning one day will be as long as a thousand years. (So that an *Hajjah* comes in 26,800,000.)

100% 0.00 1% 100% 0.00 1% 100% 0.00 1%

According to a Hindu, A Hindu  
knows the person who is regular in  
attending the puja with his wife.



(ii) His punishment is not restricted

(iii) He is not punished in the grave

EDD: ON THE DAY OF RESURRECTION, his Record of Deeds will be placed in his right hand. (This has been discussed in detail in the article at *Isis* 10-69 of the Qutub). Those whose Record will be given in their right hands will display it to everyone very proudly.

(iv) He will pass over the bridge swiftly.

(v) He will be safe from reckoning.

**Punishment Of Fifteen Types To One Who Neglects Prayers**

One who is lethargic in offering prayers receives fifteen punishments, five of them in this life, three at the time of death.



He will stop those who try

to reach the grave and those whom he charges  
with it.

## FIVE PUNISHMENTS IN THIS CASE

- (i) His life under the grave.
- (ii) The light beam of the sun is not reflected from his face.
- (iii) He is not remembered for his good deeds.
- (iv) His supplications are unapproved.
- (v) He does not have a right in the supplications of the pious people.

## Three Punishments at The Time Of Death

- (i) He dies discomfitedly.



- (iv) He dies in poverty and hunger.
- (v) He dies while his thirst is unquenched. If he were to drink water as much as the ocean, he would still be thirsty.

### THREE PUNISHMENTS IN THE GRAVE

- (i) The grave narrows down on him as his life also is crushed together.
- (ii) A fire burns in his grave.
- (iii) A snake tortures him in the grave. Its eyes are of fire and its nails are of iron. So long did it would take a day to torture them and to end. Its voice is thunderous. It will say, "My Lord has appointed me over you. That I may punish you till sunset for neglecting the dawn prayer. Then, I may punish you till the afternoon for



neglecting the night prayer. Then I  
 will punish you till sunrise for  
 neglecting the afternoon prayer and  
 till nightfall for neglecting the sunset  
 prayer then I may punish you till  
 dawn for the neglecting the night  
 prayer. These prayers are  
 respective; *Fajr Zuhre Ahr.*  
*Maghrebe and Shafa* When he has  
 his mass the dead man strikes into  
 the earth upon seventy hands. This  
 punishment continues until the Day  
 of Resurrection.

### Three Punishment or Revival and Resurrection from the Grave.

- (i) The accounting will be severe
- (ii) Allah the Exalted will be angry with him.



How After Women After Prayer

100 He will be very satisfied

These things to remember. May be the  
fibre has been left out by the editor.

In a version, we are told that three  
times will be found recorded on his face. A  
violation of the rights of Allah. Or the one  
associated with the wrath of Allah. Just as  
you violated the rights of Allah in the world  
so today you will be deprived of the mercy  
of Allah.

## HUMILITY AND OBEDIENCE

Humility and attention are very  
important in prayer. Without these, prayers  
are not accepted. It is to concentrate towards  
Allah and pay attention to the words or their  
meanings recited in prayer. One must not  
intentionally think of other things while  
engaged in prayer. However, any



unintentional distraction is excused and does not reduce the worthiness of the prayer. Further, humility and abstinence calls upon one to go through the postures with composure and due attention. **Amplified Verse**  
Let us now recite Ab'edutou. This part

### Praying and Caring of Prayers

Harari Amal — repeats the Prophet **as saying**. "When a person offers his prayers at the appointed time, having performed abstinence well, observing humility and proper attention in his prayers, standing with dignity, going through the bowing and prostration calmly. In short, doing everything well — then his prayers get a very radiant form and make a supplication for him. May Allah preserve you in the same manner as you have preserved me. As for him who offers his prayers hastily



disregarding its time, hurrying through adhan, the bowing and prostration postures, the prayers form all ugly dark appearances and curse him: May Allah destroy you just as you have ~~ruined~~ me. The prayers are ~~then~~ wrapped up like old clothing and thrown at the side of this man."

## PEACE IN PRAYERS

Hazrat Umar Razaan — the mother of Hazrat Abdulah — said that while she was offering her prayers once she rocked herself father and mother. Hazrat Abu Bakr — saw her and scolded her so severely that she almost came out of her prayers. He then said that he had heard the Prophet (ﷺ) say: "Let one who stands up to pray keep still and not shake his body. To keep one's body still is part of correct prayer."



## SAFETY FROM PUNISHMENT

Hazrat Ahmad Raza rahimullah has said that the Holy Prophet ﷺ said, "One who appears in the Day of Resurrection with all the five prayers performed punctually, with correct obligation, his prayers offered with humility and devotion, Allah has promised that he will not be punished. But there is no assurance for one who does not appear with such prayers. Allah may forgive him through His Mercy or punish him."

## WITNESS OF THE THIEVES

Hazrat Abu Qatadah رضي الله عنه has narrated that the Prophet ﷺ said, "The word of the thieves is he who shirks from prayers etc." The Companions رضي الله عنهم asked him, "Messenger of Allah! How will he do that?" The Prophet ﷺ said that he will not perform the postures of bowing and prostration correctly.



## THE MOTHER WITH HUMILITY

According to Harriet Ann Adams, the Prophet said that before everything humility in prayer will be removed from this people. "You will see that in the whole mosque not even one person will offer his prayers with humility." The foregoing Amdih make it very clear that one must offer prayers regularly and in a perfect manner with humility.

Now, read on the correct method and correct your prayers accordingly. It is the responsibility of the parents that they correct their own prayers and rectify their daughter's prayers too and keep examining their prayers now and then.



15. How can we walk like a woman?

## Point of Difference: Method of Prayer for Women

Before the method of prayer for women is discussed let us see a question in this regard and its answer. This is done because often the Ahl-Hadith tell Muslims especially the women that there is no difference between the method of prayer of men and women. That women offer prayers in the manner of men. This is simply because they are unaware. After the detailed clarification that follows, that women must obey the Ahl-Hadith and accept the truth. The women of the Hanafi school of thought must be confident that their method is very correct and according to *Sunnat*. The Question and Answer follow.

### Question:

What do the Ulama say about the Hanafi woman whose Ahl-Hadith husband



How often women offer prayers

asked her to offer prayers in the 'manner of men'. It cannot be proved that the method for women is different from men's method. Now, tell us if the woman must offer her prayers in the manner of men and if she must obey her husband in this regard?

Is it proved through An-Nabih that the method of praying is different for men and women? Please give a detailed and well-grounded reply. May Allah reward you.

Abdul Halim

The Answer:

Praise be to Allah and His blessings on the Holy Prophet.

In the related circumstances, it is not permissible for the Ahl-Hadith husband to compel his wife to pray in the fashion of










### Prayer.

وَعَلَّمَ رَأْسَهُ مِنْ قَعْمٍ وَبَعَثَ إِلَيْهِ لَأَيُّهَا لِي بِمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي  
 بَرٍّ صَعْمٍ وَأَنَا حَبْلُكَ لِي بِمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي بَرٍّ صَعْمٍ  
 وَمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي بَرٍّ صَعْمٍ

- (iii) Hassan W. al-Bihar  said that the Messenger of Allah  said to him: O W. al-Bihar, when you begin your prayers raise your hands to your ears and women must raise their hands to their chests."

فِي بَرٍّ صَعْمٍ وَبَعَثَ إِلَيْهِ لَأَيُّهَا لِي بِمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي  
 بَرٍّ صَعْمٍ وَأَنَا حَبْلُكَ لِي بِمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي بَرٍّ صَعْمٍ  
 وَمَعْرِفَةِ اللَّهِ وَالْحَيَاةِ فِي بَرٍّ صَعْمٍ

- (iv) When the Messenger of Allah  passed by two women who were praying, he said to them when you prostrate let part of your body remain



(16) Hazrat Abdullah bin Umar radhi Allahu anhu said that the Messenger of Allah ﷺ said, "When a woman sits during prayer she must place one of her thighs over the other and ~~whenever she prostrates she must place her stomach on her thighs~~ in such a way that she conceals most of herself. Allah looks at her and tells the angels that they should bear witness that He has forgiven her."





## How Men and Women Raise Their Hands

- (iv) The Messenger of Allah (ﷺ) said that if something obstructs during prayer, men may raise their hands (mafrah al-hayd) and women shall raise their hands.

عن أبي بكر بن عبد الرحمن بن الحارث بن هشام عن أبي هريرة عن النبي ﷺ قال: إذا كان الرجل في الصلاة فوجد شيء يعترضه فليرفعه، وإذا كانت المرأة فليرفعهن. (مسند أبي بكر بن عبد الرحمن بن الحارث بن هشام، ص ١٠٠)

- (v) Hazrat Abu Bakr bin Abu Shaibah said that he heard Hazrat A'ishah say when she was asked how may women raise their hands in prayer: "Up to their chest. They may not raise them in the manner of men." When showing this he kept his hands very drawn and bowed them well. He said: "The method of a woman's prayer is not akin to man's."



عن عائشة رضي الله عنها عن النبي صلى الله عليه وسلم قال  
 إذا قرأت المرأة القرآن فليحجبها حتى لا يرى من زينتها شيء

1000 Hadrat Aisha رضي الله عنها reported that when  
 the prostitutes & women must sit on  
 her hips and keep her thighs together

عن عائشة رضي الله عنها عن النبي صلى الله عليه وسلم قال  
 إذا قرأت المرأة القرآن فليحجبها حتى لا يرى من زينتها شيء

When Hadrat Aisha رضي الله عنها was asked  
 about the method of women's prayer, he  
 said that she may keep together all her  
 body and sit on her hips.

These Ahadith and traditions of the  
 Companions رضي الله عنهم and their successors simply  
 prove that the method of prayer for women  
 is quite different. We now see the point of  
 view of the jurists in this regard.

وفي مسند أبي حنيفة وأصحابه قتلوا حتى لا يراهم شيء







بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
الحمد لله رب العالمين

The Ah'ul-Ha, the Isp'ahis of the Companions and successors and the masters of the four schools of thought prove that the method or style of prayer for women is different from that for men. The women's method calls for drawing the veil to a maximum extent and keeping the body well covered and together. This method was observed in the times of the Prophet (ﷺ) and is being observed since then to this day. We have not found any ruling from any Companion, successor or any other jurist suggesting that the methods for men and women are identical. Further, the Ah'ul-Ha themselves have been giving rulings based on the foregoing Ah'ul-Ha. Thus, Mu'alla Ahmad Jabbar bin Abdullah Qasbi (grandfather of the founder of



Imam! Abu Bakr Gulshan-e-Iqbal Karachi has said about the Ahādith from Kanzul Ummāl and Bayhaqi that we have reproduced:

"The Ahl Sunnat and the four schools and others have been observing it all along." Then after citing from the works of the four schools of thought, he draws this conclusion:

"In short, the collecting or gathering together (the body) of the woman and the contraction of her (body) is proved through the Ahādith and practice of the scholars of the four schools of thought and others besides them. Anyone who denies it is ignorant of the Books of Hadith and practice of the scholars."

And Allah knows the best

Abdul Jabbar (may Allah forgive







practice is according to what the old prophet drew conclusions from him.

وَمَا كَانَ لِمَنْ يَلُحُّ عَلَيْكَ مِنْ شَيْءٍ مِنْهُمْ أَنْ يُلَاحِظَكَ أَوْ يَخُفِّفَكَ أَوْ يَتَفَضَّلَكَ أَوْ يُلَاقِيَهُمْ مِنْ أَهْلِ الْبَيْتِ أَوْ الْأَهْلِ الْبَاطِنِ أَوْ يُلَاقِيَهُمْ مِنْ أَهْلِ الْبَيْتِ أَوْ الْأَهْلِ الْبَاطِنِ أَوْ يُلَاقِيَهُمْ مِنْ أَهْلِ الْبَيْتِ أَوْ الْأَهْلِ الْبَاطِنِ

- (3) Even if she is regarded as a companion, this act is her personal one. Neither had she invited anyone else to follow her nor did she cite any saying or deed of the Prophet in support of her practice. She did not even cite a ruling of any of the Khalifah Rashidun. The continued practice of women in regard to their prayers cannot be neglected in the face of this single instance of an individual. It is just like adopting a rare Qir'at (form of recital of the Qur'an) in preference to a common, known continuous one.



(77) If we grasp the words, the general opinion is upheld rather than rejected. The words are that she was sitting like men in her prayers and thus it may not have been a common practice. Either women were not Glib in therefore she is singled out.

If anyone raises the question, "Why has Imam Baqir mentioned it in his Sahih although if this tradition is not authentic?" then this doubt is not strong. Imam Baqir has mentioned it in describing the sitting posture of men not to show that women's posture was the same as men's. Thus Hafiz Ibn Hajar writes in Path of Bash:

وذكر الإمام باقر في صحيحه في الصلاة  
أن الرجل إذا صلى جلس على رجليه  
فكأنه جالس على رجليه

Again, it is wrong to cite the words



of the Prophet (ﷺ) "Pray as you see me pray" to say that women must pray as men do. These words were spoken at a particular time when a delegation had come to the Prophet (ﷺ) and stayed there for twenty days. When they were departing, the Prophet (ﷺ) gave them some advice and this was an advice too. "Pray as you see me pray."

If we consider these words as a general command not associated with the circumstances mentioned, then certainly everyone of his followers, men and women, are required to imitate the Prophet (ﷺ). However, it must be understood that a command is considered general only as long as there is no *Shart* (condition) against it excepting the action (abstinence) of some people. Thus, the weak and the ill are exempted through the *Ahwal* that allow them read and women through the *Ahwal*







in prayer, to be particular about concealing her body and to place her hands on her chest. The prayer of a woman is different from that of man in all these aspects. This is correct and must be adopted.

### The Method of Woman's Prayer

Remember these and all scrupulously.

- (i) You must tie the **Qibla**.
- (ii) You must stand straight and your face must be towards the place of prostration. It is undesirable to lower the neck and let the chin touch the chest. It is also wrong to stand with the chest bent down approximately level with the place towards the place of prostration.
- (iii) The toes should also be turned towards the **Qibla** and the feet



وَأَمَّا إِذَا مَضَىٰ جُزْءُ الْوَجْهِ  
فَلَا يَلْبَسُ الْوَلِيَّةُ الْفَرْجَ.

should be straight towards the  
qiblah. It is reported separately by four  
the best right and left, though the duty  
must be fulfilled towards qiblah.

(vi) A space of at least four fingers must  
be left between the toes (mustahabb al-  
Akhireen).

(vii) Women must cover their entire body  
with a thick sheet of cloth so that the  
head, chest, neck, arms, shoulders,  
calf, etc. are all hidden. If the face,  
feet and hands upto the joints are  
uncovered, the prayers will be valid  
because these three things are  
excluded from the veil, but if they  
are discovered then too the prayers will  
be valid.

(viii) Prayers are invalid if a woman's thigh  
knuckle is lifted that is thick and round.



visible one hand, and thrust much of the present before the throne, arms, knees, wrists. Therefore, he is particular to cover up the hands while praying and wear thick shoes of cloth or sheepskin etc.

(viii) If one forgets all any part of the body except the face, hands and feet become uncovered while praying for so long as takes to recite *sub-han-ul-ah* three times, the prayer will be invalid. However, if it remains uncovered for a shorter time the validity of prayer will not be affected but it is sinful.

(ix) It is unlawful (undermines) to pray in such garments which one would not wear before other people.



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- (i) Form the intention to offer the prayers in your most perfecting, the holiest and truest prayer. It is not necessary to repeat the intention daily with the Salawat.
- (ii) Lay both hands to the shoulders without removing them from the shoulders during the prayer like with the *Dhikr* and keeping the fingers straight up. Women must not place their hands upon the neck.
- (iii) Reading the Basmala in the manner say 'Alhamdulillah.' Place the hands on the chest without forming a ring. Place the palm of the right hand on the back of the left. Women must not place their hands on the navel in the fashion of men.



THE 12th DAY OF FASTING

1. When offering the prayers individually, begin the Hest-takan with recital of *kyōka*  
*akushi-ku-kai-to hōm-ma, ho-to*  
*shō-mōshō*. Then recite the *kyōka*  
*at-fōshō* at the end of which say  
*amino*. Then recite the *amino*  
and *myō-mōshō* at least three short  
verses.
2. If by chance you are behind an altar  
and find it difficult to recite the *kyōka*  
and listen to the recital of the *hōm*  
attentively. If the *hōm* is not  
reciting aloud then concentrate on  
the recital of *kyōka* and *myō-mōshō*  
recollecting your life.
3. When reciting yourself, pause at  
every verse of *kyōka* at *Father*. Do



How all, would this be done.

Put some several verses together in one breath. In the next breath more than one verse may be spoken. It will be said if you like. Woman! must recite all these & attend all & attend all & attend all etc. - In an innumerable voice.

4. Do not overstate your body ungenerously. The more stable and immobile you are the better. If it is necessary to stretch any part of your body it is only one hand for the shortest possible time and it only very necessary.

5. It is right that the main body of prayer to place all body weight on one foot and let it arise from the other. Refrain from this posture. Either place equal balance on both feet or



## How the Woman Should Bow

and weight on one foot without  
curving the other.

6. The young ladies' suppleks volume  
also has these points.
7. When in the standing posture bend  
your ears in the place of prostration.  
Refrain from looking here and there.

## THE BOWING POSTURE

When bowing be careful to observe  
these things:

- (i) When coming over from the standing  
posture say "Amitu Akoto" as you  
begin to bow so that you have said it  
when you are in the bowing position.
- (ii) Women must bend just a little, only  
reaching their hands to the knees.  
They must not bend fully as men do.



(iii) Women must keep their fingers on the knees together with one another. They must not separate them to hold the knees as men do. They must bend their knees a little forward and keep their elbows attached to their sides.

(iv) Say in the Sanskrit words at least as long as it takes to say *Saṅkṣāraṇa-rūpāḥ-sū-utīm*. (May he to my Left, the Great)

(v) In the Sanskrit picture the legs must rest on the feet.

(vi) Weight must be placed equally on both feet and their ankles must be drawn close together.



## How They Walk after Prayers

not weight off one foot without  
moving the other.

Try your best to suppress yawning  
when the time is there.

When in the standing posture keep  
your feet on the place of prostration.  
Refrain from walking here and there.

## THE BOWING POSTURE

When bowing be careful to observe  
these things:

(i) When bowing over from the standing  
posture say 'Allahu Akbar' as you  
begin to bow so that you have said it  
when you are in the bowing position.

(ii) Women must bend not a little, only  
reaching their hands to the knees.  
They must not bend fully as men do.  
(Al-Bihar)



(iii) Women must keep their fingers on the knees together with one another. Fingers must not spread them, to hold the knees as men do. They may bend their knees a little if it is difficult to keep their elbows attached to their sides.

(iv) Stand in the bowing posture as long as it takes to say *Sab-dam-nu rah-bi-yat 'az an*, (Glory be to my Lord, the Great).

(v) In the bowing posture the eyes must rest on the feet.

(vi) Weight must be placed equally on both feet and their ankles must be drawn close together.



## How Stay Women's Feet

### Getting up from the Bowing Position

- (ii) Get getting up from the bowing posture, stand erect keeping the body directly straight
- (iii) The feet must rest at the place of prostration
- (iv) Some women just symbolize the getting up from the bowing posture and go down straight into prostration. It is obligatory for them to raise their feet. Avoid doing this and do not go into prostration until you are convinced well that your body is straight.

### When Going To The Prostration Posture

Be careful to observe these things while going into the prostration posture:



- (ii) Women must bend their body from the chest while going down. They must first place their knees on the ground, then their body followed by the face and forehead.
- (iii) Women must support themselves while prostrating. They must crouch in such a manner that the belly and the thigh are close together. The arms must also be touching the sides (instead of keeping the feet raised they must be placed down to the right side). As far as possible, the face must be turned towards the Chohan.
- (iv) Women must place their arms including the elbows strictly in the floor.
- (v) So much time must be spent in prostration as takes to recite



ལྷོ་མཐོ་ཡུལ་ ལྷོ་མཐོ་རུང་ 'མ་ཆེ ལྷོ་ཡུལ་ ནི་ལྷོ་མཐོ་ལྷོ་མཐོ་ (High) at least three times. It is illustrated to take the Vajrasattva immediately after placing it

### Between the Two Prostrations

- (1) On arising from the first prostration sit down calmly and then make the second prostration. It is useful to make the second prostration after just raising the head without coming down completely and it calls for repeating the prayer.
- (2) On arising from the first prostration, which must lean on the left hip and cross both feet to the right side and place the right calf on the left shin leaving both hands on the thighs with their fingers drawn very close together.



(14) 1990年12月1日以前に建設された建築物の敷地内において、  
建築物の敷地内において、

[illegible]

However, it is not necessary to recite this as the *first* obligatory prayer. These may be recited as optional prayers.



Step 100: Squatting after 1st step

The second Prostration and Getting up  
1100 H.

(i) The 2<sup>nd</sup> prostration in the  
same manner as the first - place the  
knees on the ground first, then the  
hips and then the forehead.

(ii) The posture is the same as in the first  
prostration.

(iii) When standing, raise first the  
forehead, then the nose, the hands  
and the knees in this order.

(iv) It is better not to lean on the ground  
when getting straight up but if  
someone is weak or ill or old and it  
is difficult to get up without support  
then it is permitted to do so.

(v) In the standing posture say the  
Dua before al-fard in every  
Rak'at.



## The 2nd Part of The Sitting Posture

- (iii) The manner of sitting in the *Padmasana* is the same as described for sitting between two positions,
- (iv) When recumbent the *Samantapada* raise the forefinger when you come to *ardha-danda* and drop it at *pranava-danda*.
- (v) The method of raising the forefinger is to form a ring with the thumb and middle finger and close the other fingers. Then raise the forefinger so that it is bent towards the *Padmasana* not raised up towards the sky.
- (vi) When the forefinger is lowered at *ardha-danda* let the other fingers remain as they were formed in a ring when



the two women after prayer.

ending the testimony. They must be  
kept safe to the end.

*Prayer for the two women*

(i) When turning either side while  
uttering the words of salutation,  
move the neck so much that any  
woman sitting behind may observe  
your change.

(ii) When the face is so turned the gaze  
must rest on the shoulder. At the  
time you have turned your neck to the  
right and said *al-hamdu lillah*  
*al-hamdu lillah* 'at *al-hamdu lillah* wa *rahmatu*  
*al-lah*. "Praise be on you and the  
mercy of Allah."

Prayer is to have saluted the angels on  
the side.

Similarly, when you say these words



Keep the left hand down the middle of the body the length of the life.

### Stand in Praying Position

The method of **supplicating** is to raise the hands to the chest. Keep a little distance between the two hands without keeping them together nor let them be weak apart.

The palms must be towards your face.

**A Warning:** It is unbecoming to have a women's congregation. It is better for them to offer prayer individually. However, if the members of the family form a congregation in the home, there is no harm in women joining them. They must stand behind the men, never together.

(Adapted from *Non-Violence and Non-Resistance* by Mahatma Gandhi)



How many thousands of angels

ascend

to the throne of Allah every day

and salute the noble Prophet,  
Muhammad, and his family and  
companions—all of them.

Blessings of Allah be on the noble  
Prophet, Muhammad, and his family and  
companions—all of them.



Keep this book safe  
And let it be  
passed on  
another person



How May Women Offer Prayers

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## 10. The Women of the Prison

10.1. How Dearly They Come Home with  
in Mind

10.2. The Importance of  
Difficulties in the Home

10.3. Sinful Women

10.4. The Damage Resulting from Divorce  
and How to Avoid It

10.5. Some Sad Stories of Prison

10.6. The Children and Sisters of the

10.7. Step by Step Method of  
Performing Work

10.8. Sad Story of a Girl

10.9. The Women of the Prison



॥ श्रीगणेशाय नमः ॥





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